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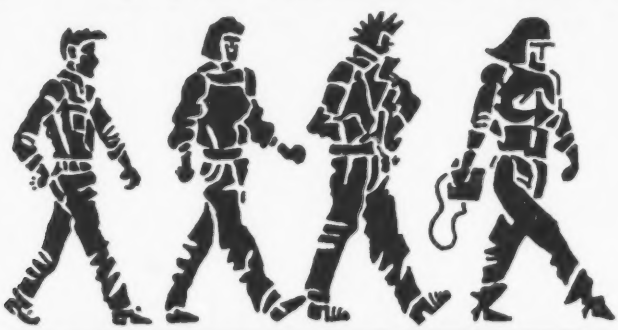
TAKING CARE OF YOURSELF BY WALKING



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You **can** control your blood sugar. One way is to walk. This booklet will help you plan a good walking program.

Why walk?

Walking helps you.

It uses up blood sugar.

Walking uses up some of your blood sugar for energy. The more you walk, the more you can lower your blood sugar.

It uses up fat.

Walking can help you lose fat. Your body uses fat for energy during long walks.

You feel better.

Best of all, walking makes you feel better. You feel more calm during the day. You have more strength. You handle daily stresses better.

How much?

3 times a week for 30 minutes.

Walk steadily, for 30 minutes or longer, each time. Walk often, 3 times a week or more.

Have fun!

Walk with family or friends. Enjoy talking. Take scenic routes.

Walking during work is not enough.

Most people walk more than 30 minutes during a day. They walk 3 minutes here, 4 minutes there.

But, to get help from walking, you need to walk steadily, for 30 minutes at a time. And you must walk often, 3 times a week or more.

Protect your Feet!
Prevent damage to your feet.

Try to avoid all foot problems. Treat even small problems right away.

Look at your feet after every walk.

Look for red areas, blisters, or sores.

Good shoes.

Wear good shoes that fit, cushion, and support your feet. Good shoes do not cause blisters.

Break in new shoes slowly. Wear them for short periods of time.

Wear a clean pair of socks to help cushion and protect your feet.

If you have any foot problems, see a doctor or nurse.

Have fun!

Have a walking partner, or two or lots!

Tell your friends about your walking. They may join you!

Talk with friends while you walk.

Make it a habit.

Walk the same time each day.

Walk for at least 30 minutes.

Have a weekly schedule. Walk at least three times each week.

START SLOW

Go easy!

Start with slow short walks.

Make your first walks short ——10 minutes — with a slow pace.

If you cannot talk while you walk, you are walking too fast.

Increase slowly.

Increase your time in stages, by 5 minutes every 2 weeks. Work your way up, to a total of 30 minutes.

Increase your walking pace in stages, after you can walk for 30 minutes.

Stretching.

Do arm and leg stretches before and after long walks. Stretching helps prevent aches and muscle cramps.

Start by stretching easy.

Other exercise is good for you, too.

Such as:

aerobics,

riding a bike,

hiking the hills,

dancing,

walking in shallow water,

canoeing,

swimming, and

walking to the store or work.

Do any of them 3 times a week for 30 minutes.

Start by stretching easy.

The Clinic staff can help.

Check with the clinic staff about your walking program. They can help you plan a safe walking program, and show you muscle stretches.

Have fun. And feel good about yourself. It will keep you walking!

Clinic _____

Phone number _____ Days

_____ After hours

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NOTES

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